

Performance Meals
Available upon request

Upon going through the serving line request "Performance Meal" and the server will plate your below options accordingly

Monday, 3/9/09

Sloppy Joe 1 sandwich, 352 kcal
Italian-Style Baked Beans ½ cup, 117 kcal
Steamed Cauliflower ¾ cup, 27 kcal
Crunchy raw veg's, 1 cup, w/ Balsamic/red or white wine vinegar, 25 Kcals
Total Kcal 521

Tuesday, 3/10/09

Steak smothered w/ onions 3.5 ounces, 329 kcal
Potatoes Au Gratin 1/2 cup, 102 kcal
Green Bean Combo 3/4 cup, 77 kcal (1 pc or fresh fruit)
Crunchy raw veg's, 1 cup, w/ Balsamic/red or white wine vinegar, 25 Kcals
Total Kcal 533

Wednesday, 3/11/09

Beef Lasagna 9 ounces, 430 kcal
Steamed Broccoli 1 cup, 50 kcal
Crunchy raw veg's, 1 cup, w/ Balsamic/red or white wine vinegar, 25 Kcals
Total Kcal 505

Thursday, 3/12/09

Chicken Cacciatore 8 ounces, 348 kcal
Long Grain Wild Rice 1 cup, 74 kcal
Peas with carrots ½ cup, 88 kcal
Crunchy raw veg's, 1 cup, w/ Balsamic/red or white wine vinegar, 25 Kcals
Total Kcal 535

Friday, 3/13/09

BBQ Chicken, 2 pieces, 324 kcal
Cajun Potato Wedges 3 pieces, 90 kcal
Southern Style Greens ½ cup, 107 kcal
Total Kcal 521

Monday, 3/16/09

Shrimp Scampi 5.5 ounces, 199 kcal
Tossed Green Rice $\frac{3}{4}$ cup, 163 kcal
Steamed Peas and Carrots $\frac{3}{4}$ Cup, 65 Kcal
1 Pc Fresh Fruit in Season, 80 kcal
Total Kcal 507

Tuesday, 3/17/09

Beef Stew 1 cup 228 kcal
Orange Rice $\frac{3}{4}$ cup, 220 kcal
Steamed Asparagus 1 cup, 50 kcal
Crunchy raw veg's, 1 cup, w/ Balsamic/red or white wine vinegar, 25 Kcals
Total Kcal 523 kcal

Wednesday, 3/18/09

Manicotti 2 shells, 307 kcal
Beef Noodle Soup $\frac{1}{2}$ cup, 50 kcal
Steamed Broccoli 1 cup, 50 kcal
1 Pc Fresh Fruit in Season, 80 Kcal
Crunchy raw veg's, 1 cup, w/ Balsamic/red or white wine vinegar, 25 Kcals
Total Kcal 512

Thursday, 3/19/09

Honey Glazed Chicken 4 ounces, 196 kcal
Italian Blend Vegetables $\frac{3}{4}$ cup, 78 kcal
Mashed Potatoes $\frac{3}{4}$ cup, 220 kcal
Crunchy raw veg's, 1 cup, w/ Balsamic/red or white wine vinegar, 25 Kcals
Total Kcal 519

Friday, 3/20/09

Shrimp Jambalaya 1 $\frac{1}{2}$ cup, 352kcal
Southern Style Greens $\frac{3}{4}$ cup, 107kcal
Corn-on-the-cob $\frac{1}{2}$ ear, 70 kcal (or 1Pc fresh fruit or 3 cups raw veg's w/
vinegar (balsamic, red/white wine)
Total Kcal 529 kcal

Monday, 3/23/09

Beef Stroganoff 6oz, 290 kcal
Lemon Orzo $\frac{3}{4}$ cup, 92 kcal
Steamed Broccoli $\frac{1}{2}$ cup, 27 kcal
Logging Soup $\frac{1}{2}$ cup, 65 kcal
Crunchy raw veg's w/ Balsamic/red or white wine vinegar, 1 cup, 25 Kcals
Total Kcal 499

Tuesday, 3/24/09

Five Spice Chicken 2 pieces, 273 kcal
Steamed Rice $\frac{1}{2}$ cup, 100 kcal
Vegetable Stir Fry 1 cup, 110 kcal
Crunchy raw veg's w/ Balsamic/red or white wine vinegar, 1 cup, 25 Kcals
Total Kcal 508

Wednesday, 3/25/09

Chicken Parmesan 4 ounces, 320 kcal
Italian Blend Vegetables 1 cup, 104 kcal
Tortellini Soup $\frac{1}{2}$ cup, 70 kcal (or 1 pc Fresh Fruit)
Crunchy raw veg's w/ Balsamic/red or white wine vinegar, 1 cup, 25 Kcals
Total Kcal 519

Thursday, 3/26/09

Baked Turkey 3.5 ounces, 257 kcal
Turkey Gravy $\frac{1}{4}$ cup, 47 kcal
Mashed Potatoes $\frac{1}{2}$ cup, 117 kcal
Lyonnise Green Beans $\frac{3}{4}$ cup, 81 kcal (or 1 pc of fresh fruit)
Crunchy raw veg's w/ Balsamic/red or white wine vinegar, 1 cup, 25 Kcals
Total Kcal 527

Friday, 3/27/09

Blackened Catfish 5.5 ounces, 156 kcal,
Seasoned Black-eyed Peas $\frac{3}{4}$ cup, 139 kcal
Corn-on-The-Cob $\frac{1}{2}$ ear, 70 kcal
Southern Style Greens $\frac{1}{2}$ cup, 107 kcal
Crunchy raw veg's w/ Balsamic/red or white wine vinegar, 1 cup, 25 Kcals
Total Kcal 497